

NAVAL BASE POINT LOMA SAFETY

QUARTERLY NEWSLETTER



APR – JUN 2009

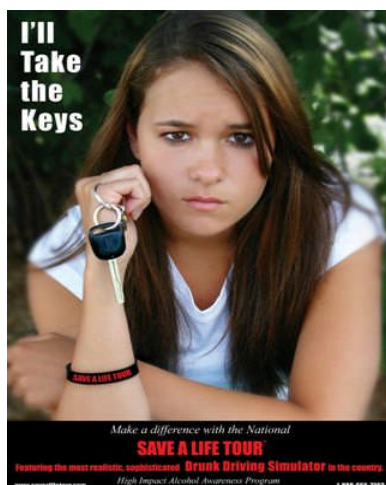
ISSUE - 1

SAVE A LIFE TOUR

April 16, 2009 at 8am and 12pm

NMAWC Admiral Kidd Club (AKC), BLDG-A3, Skylight Room

This nationally acclaimed tour has visited colleges, high schools, and military events nationwide with multi-million dollar drinking and driving simulators that give participants a completely realistic, sober perspective on the effects of driving while intoxicated. With massive tour posters on display, high intensity videos rolling on huge monitors, and charismatic show presenters engaging both participants and onlookers alike, no one that experiences the Save a Life Tour will leave unaffected!! Also, participants are able to utilize a simulated to experience intoxication while driving. Ensure that all junior sailors be in attendance to participate and experience the effects of driving under the influence of alcohol.



Inside this Issue	Page
Save a Life Tour	1
101 Days of summer	2
Street Smart Event	3
Protect yourself Against Sexual Assault	4
Physical Fitness	5
Inspection Schedule	6

101 Days of Summer

Memorial Day began in 1868 when flowers were placed on the graves of Union and Confederate dead at Arlington National Cemetery. After World War I, Memorial Day became a day of remembrance, honoring all Americans who died in war. Memorial Day weekend also marks the start of summer.

These 101 Critical Days are a time of increased travel and corresponding increase in off-duty fatalities. The Navy & Marine Corps recorded 67 private motor vehicle deaths for fiscal year 08. Most off-duty fatalities occurred between Memorial Day and Labor Day. A quarter of a year accounted for almost 40% of our off-duty fatalities. Memorial Day is historically one of the deadliest holidays for alcohol related deaths.

Regardless of how you choose to celebrate Memorial Day, ensure you have examined the risks and taken appropriate steps to eliminate them. The combination of alcohol and driving is a well-documented, well-known risk that must be eliminated.

Additionally, many summer activities do not mix with alcohol. Swimming, boating, and other physical activities, when mixed with alcohol are as dangerous as driving under the influence of alcohol. If you plan to drink, have a plan to do it safely.

Enjoy Memorial Day and summer's activities without the dangerous combination of excessive alcohol. Personal safety is the responsibility of each member. Accept no unnecessary risks. This applies to all activities, on and off-duty. As sailors and marines, risk is a necessary part of our profession, but as professionals, we manage that risk.

Our training, good judgment, and common sense will minimize risk and significantly increase the likelihood of surviving and enjoying the holiday. As you celebrate this Memorial Day, remember the sailors and marines who gave their lives in defense of our nation. Their deaths, while tragic, accomplished something. Dying in a needless mishap accomplishes nothing. There are NO memorials to sailors and marines who died on liberty.



“Street Smart Event”

On 14 May 09 Safety Stand down featuring street smart presenters will be held at 1300 in Bldg. 544, Submarine Learning Center auditorium.

The “Street Smart” presenters came to Naval Base Point Loma 13 May 08 to educate Sailors on making the right decisions while driving. “Street Smart” is presented by Stay Alive from Education or S.A.F.E. The program has 10 paramedics and firefighters who travel the country in pairs to educate the public on safe driving practices.

“We don’t come to point fingers and give lectures, we just give you the information,” said

Firefighter Pat Kelly, an instructor from the Orlando, Fla., Fire Department.



The goal of the program is to prevent accidents or injuries by showing participants consequences of bad decision making. “Street Smart” is directed toward young adults age 14 and older. The program tries to put young adults in real-life situations by demonstrating what paramedics and firefighters experience while they work to save lives of people who made bad choices.

Examples of bad choices are drinking and

driving, using drugs or not wearing their seatbelt.

According to the Street Smart Website, not wearing your seatbelt puts you in great danger of being ejected from the car. People are 25-times more likely to be killed if they're ejected from their car.



Protect Yourself against Sexual Assault

It's All about Control, Degradation, and Violence

Sexual assault is any unwanted, nonconsensual, forced sexual contact or activity which purpose is to control and/or humiliate another person. It can include acts of touching, kissing exhibitionism, and intercourse — anal, vaginal or oral.

There are ways you can help prevent a sexual assault. According to the New York Police Detective Bureau, this includes being alert to your surroundings. Know the location, street name, surrounding buildings, in case it becomes necessary for you to call 911. Listen to your instincts. If you feel uncomfortable or in danger in any given situation, leave immediately.

Learn to be observant of people around you. What color eyes do they have? What are they wearing? Notice their teeth, tattoos, their size, hairstyle, or any other distinguishable features. All these will help you in the event it becomes necessary to contact the police.



Making Your Home Safe

- Avoid sleeping with your windows open.
- Have peep holes on your doors and use them. If you do not recognize who is at your door, do not open it, even with the chain on. Most chain locks can easily be kicked in.
- Do not open the door to service people unless you are expecting them. Call their employer and verify their identity and the reason they need to enter your home.
- If a stranger asks to use your phone, do not let the person enter. Offer to make the call for them.
- Do not buzz someone into the building or hold the lobby door open unless you know the person.
- Have the number to 911 programmed into your telephone.
- Be mentally prepared of the possibility of being attacked and what possible actions you would take if confronted.
- Install safety approved gates or bars on windows that can be reached from fire escapes or from the ground floor.

In your home or apartment, you will also want to make sure your entrance is well lit. Install security lights in areas where people can hide. Keep your doors locked and blinds pulled. Do not advertise your full name in the phone book on the mailbox. Your initials and last name are all that is needed. Invest in a paper shredder and shred any personal identifying envelopes or papers.

PHYSICAL FITNESS

It seems like every time we turn around, somebody comes with another reason why physical fitness is important. Here's one more to add to the list – fitness helps you work more safely. We are not suggesting that you turn into Mr. or Ms. Universe. But it is important to maintain a basic level of fitness to avoid injury. Being physically fit means staying strong enough and flexible enough to handle the things we have to do in our daily lives- including work – and maintaining the capacity of our heart and lungs to process of oxygen. Keeping our muscles strong can prevent injuries, particularly back problems. Staying fit also increases our energy and endurance. So we remain more alert to job hazards right through to the end of the day.



When you leave work dog-tired at the end of the day, it seems like the last thing you need is exercise. This goes double if a job is physically demanding. But the fact is you probably don't get enough of the right kind of exercise on the job. For instance, if you do heavy lifting of materials all day, you might be keeping your muscular strength but you may still need exercise to keep your cardiovascular system (heart and lungs) healthy. If you walk all day as a letter carrier you still need some exercise to stay flexible. So how can a person fit exercise in to an already busy schedule? It's really not as hard as it seems. It's possible to fit some fitness in to any daily routine. Many people successfully exercise by walking up a half-hour earlier in the morning and getting it over right away. But there are many other ways to find time for exercise.

Here are some suggestions:

- Walk or bike to and from work or even part way.
- Walk to the next bus stop or walk to carpool pickup point.
- Do stretching and warm-up exercises at your work station before you start your shift and during short breaks.
- If possible, walk, run, swim or work out on your lunch break.
- Take the stairs instead of the elevator whenever possible.
- Make exercise part of your social life. Meet your friends for a game of racquetball before you sit down with them for a drink.
- To have some fun with your children, challenge them to a game of basketball instead of a video game.
- Join a gym, buy a pass for a community recreation center, or take advantage of any company fitness programs.

When you get a healthy amount of exercise on a regular basis these are some of the benefits you can expect:

You'll feel stronger and more flexible, have more energy, sleep better, enjoy a healthy appetite and feel better about yourself. Your improved physical condition can also help you to avoid accidents and injuries on the job. There are many exercise programs which give you specific advice about techniques. Like they say in the commercial "Just do it"

DEPARTMENT SCHEDULED FOR INSPECTION DURING FY-09 THIRD QUARTER

FY09 NAVOSH INSPECTIONS DATE

(Third Quarter)

<u>COMMAND</u>	<u>DATE</u>
ADMIRAL HARTMAN YOUTH CENTER	06 APR
PORT OPS	06 APR
TTGP	15 APR
CHESTERTON COMMUNITY CENTER	05 MAY
SECURITY	13 MAY
MWR SUBASE	18 MAY
SAFETY OFFICE INSPECTION	26 MAY
NHRC	15 JUN
MWR NMAWC	22 JUN



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